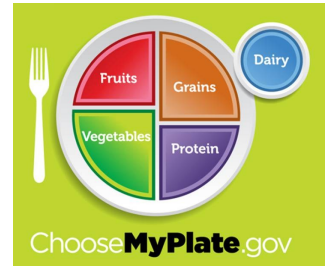


# MyPlate

## Physical Activity



**Veggie, Veggie Fruit – (Similar to Duck, Duck Goose)** – Children will form a circle. One person is the leader. The child will go around the group and say out loud “Veggie, Veggie and then Fruit,” When the leader taps the fruit child, they both need to run to see who can get back to the spot first. Whoever gets there first sits in the circle, the other person becomes the new leader

**Fitness Dice – (Need to adapt to this level)** – Children will form a circle and instructor will start the game. One dice will be the number of times to do the activities and the other is the activity to be done. Have groups of 2 throw the dice until everyone has had a turn.

**Veggie Says – (Good indoor game)** – Children will stand alongside their desks. The leader will start the game. Veggie says Do This, Veggie Says Do This; Do this. (If person doesn’t say Veggie... those who do the action have to sit down)

**Activity Breaks** – Use for My Plate broken down in the following manner:

5 activities that can be done standing (blue pages)

5 activities can be done while sitting or in front of their desk (green)

